

DINNERLY



August Slow Cooker Special!

Masala Pork Curry with Pickled Onion



3 hours



2 Servings

Warm up this winter with our special recipes made for your slow cooker! You can also make this recipe in your oven using an ovenproof dish with a lid. For our August Slow Cooker Special, we've paired pork scotch with coconut milk and Indian masala for a rich, tender curry. Serve with fluffy rice to soak up the fragrant sauce.

WHAT WE SEND

- 1 red onion
- 1 carrot
- pork scotch
- 20g masala seasoning ¹⁷
- 200ml coconut milk
- 150g jasmine rice

WHAT YOU NEED

- 2 garlic cloves
- 2 tsp red or white wine vinegar ¹⁷
- 1 tsp sugar
- 1 tbs vegetable oil
- 2 tbs tomato paste

TOOLS

- 3.5L slow cooker or large flameproof casserole dish with lid
- medium frypan (if using the slow cooker)
- small saucepan with lid

Our veggies come straight from the farm, so please wash them before cooking.

COOKING TIP

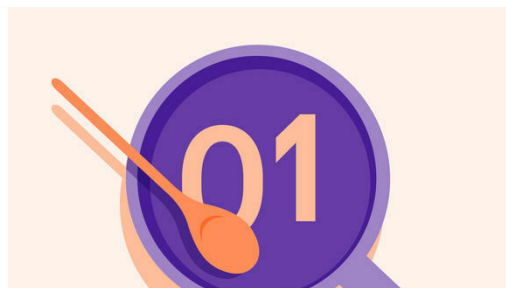
The prep and cook time for the slow cooker method is around 8½ hrs. If using a casserole dish, the prep and cook time is around 3 hrs.

ALLERGENS

Sulphites (17). May contain traces of other allergens.

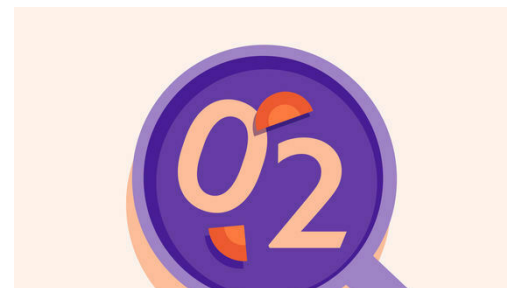
NUTRITION PER SERVING

Energy 865kcal, Fat 52.0g, Carbs 81.3g, Proteins 37.6g



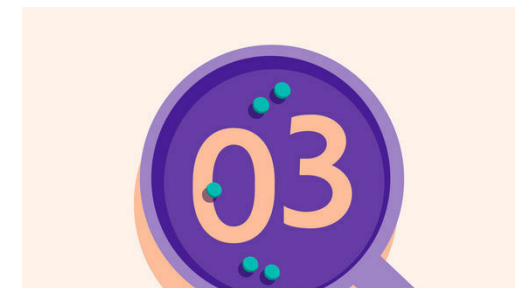
1. Prep ingredients

Preheat the slow cooker to low or the oven to 150C. Cut **half the onion** into wedges and thinly slice the **remainder**. Cut the **unpeeled carrot** into 2cm-thick slices. Crush or finely chop **2 garlic cloves**. Cut the **pork** into 5cm chunks and season with **salt and pepper**. Combine **sliced onion** (see Kitchen 101), **2 tsp vinegar** and **1 tsp sugar** in a bowl. Set aside to pickle.



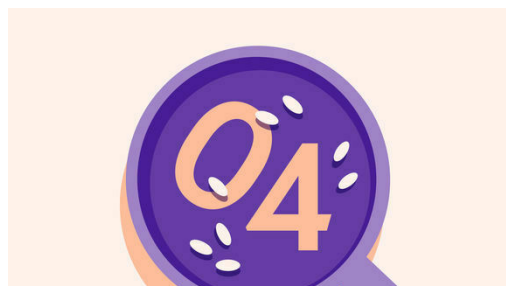
2. Brown pork

Heat **1 tbs vegetable oil** in a medium frypan (if using a slow cooker) or a large casserole dish over high heat. Cook the **pork**, turning, for 3-4 mins until browned. Remove from pan or dish. Reduce heat to medium and cook the **onion wedges** and **carrot**, stirring, for 2 mins or until just softened. Add the **garlic**, **masala seasoning** and **2 tbs tomato paste** and cook for 30 secs.



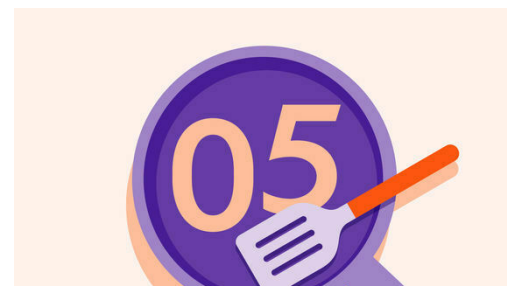
3. Slow cooker method

If using the slow cooker, transfer the **carrot mixture** and **pork and resting juices** to the slow cooker bowl. Add the **coconut milk** and **500ml (2 cups) water**. Cover and cook on low for 8 hours (see Kitchen 101). Taste, then season with **salt and pepper**.



4. Casserole dish method

If using the casserole dish, add the **pork and resting juices**, **coconut milk** and **500ml (2 cups) water** to the carrot mixture and bring to a simmer. Transfer the dish to the oven and bake, covered, for 2½ hours or until the pork is very tender. Taste, then season with **salt and pepper**.



5. Cook rice and serve up

Meanwhile, rinse the **rice** until water runs clear. Put in a small saucepan with **310ml (1¼ cups) water**, cover and bring to a simmer over medium heat. Reduce heat to low and cook for 13 mins or until tender and the water is absorbed. Turn off heat and stand, covered, for 5 mins. Divide rice and **curry** among bowls, top with **pickled onion** and drizzle over some **pickling liquid**. Enjoy!



6. Kitchen 101

Refrigerate the pickled onion until needed, or prepare it closer to serving (save time and do it while the rice is cooking). ~ Cooking the curry in a casserole dish will give a slightly thicker result than a slow cooker. If you used a slow cooker and prefer a thicker curry, transfer it to a saucepan and cook over high heat for 10-15 mins until thickened.